

Instructions in Divine Healing

EDNA A. BENSON

AUTHOR OF BOOKLETS :

“ The Power of Faith ”

“ Finding the Pearl of Great Price ”

“ How to Solve Your Problems ”

“ The Secret of Health, Happiness and Success ”

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FOREWORD.

This booklet is written with the purpose of revealing the divine laws governing health, happiness and success as taught by Jesus Christ. Seeing the great need of a better understanding of the truth taught, lived and demonstrated by our Lord, this booklet was prepared in a simple outline form to interpret the Master's message which brought such hope and inspiration to His hearers.

This booklet is sent out with the prayer that it will shed a ray of light upon the pathway of those who are discouraged, sick and unhappy. The author's desire is, that it will bring the healing balm of joy to the weary-hearted; strength and a greater vision of the wonderful possibilities of life to the weak and discouraged, and to the sick a greater faith in God's healing power. May its message be fulfilled by bringing the Christ Light to many through a knowledge of our Lord Jesus Christ as being "a present help in time of trouble." I lovingly send it forth to all mankind to bear the glad tidings of the Christ message of peace on earth, good will toward men.

EDNA A. BENSON.

THE VICTORIOUS ATTITUDE.

Let the star of faith beam brightly
When the sky is overcast with clouds,
Then you will see their silver lining
Shedding light upon your pathway.

See the light amidst the circling gloom;
It brightly shines beneath the cloud,
And by your faith and courage,
The clouds will quickly vanish.

Let your soul expand and glow
With visions of a glorious day,
Until you have conquered,
And stand victorious on the mountain-top.

—Edna A. Benson.

INTRODUCTION.

The Master came to reveal God's love to man, and man's relationship to Him, by saying: "Call no man your father upon the earth: for one is your Father, which is in heaven." By this statement He revealed our relationship to God, that we are His children. "And if children, then heirs; heirs of God, and joint heirs with Christ" (Rom. 8:17). It is this truth, revealed by our Lord, that will give men freedom from sickness and bondage.

Man, not having acknowledged it, and believing that he could live apart from God, has experienced difficulties and hardships. By looking away from God and forgetting Him, all our ills have come upon us. Then we can see clearly that, when we look to God, and put our whole faith in Him as our Father, Healer and Provider, health and happiness will be the result.

Christ said, "I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit; for without me ye can do nothing." By the simple illustration of the vine, we can see clearly that the branch must abide in the vine to let the sap flow throughout the leaves and branches. When it is severed from the vine

it soon withers and bears no fruit. By this illustration Christ taught a great truth, that there is no life, power and intelligence apart from God, therefore we cannot realize the fullness of strength and joy when we do not identify ourselves with Christ and abide in Him. Then our body cannot manifest the fullness of health and strength, for we have separated ourselves in consciousness from God, the source of life, joy and power.

A flower cannot grow and express its beauty if it is pulled out of the soil now and then. It must abide in the soil day and night to grow and unfold. As it is necessary for the flower to keep its roots in the soil continually to express its beauty, so it is necessary for us to think from God, to abide in Christ and realize the more abundant life.

It is God's will for us to enjoy health and happiness. I have often heard it said, "It may not be God's will for me to be healed." Did Jesus ever make such a statement when He healed the sick? No, He healed every one who came to Him, knowing that it was the Father's will for them to receive their healing and glorify God in their bodies. It is God's will for you to be well and happy. Being His child your heritage is health and happiness,

which you can now possess by looking to God, the source of all blessings.

Jesus Christ revealed the Father's love towards us by healing the sick, comforting the weak, forgiving their sins and speaking words of courage and hope to the distressed. With outstretched arms of love and compassion, He touched the blind, the lame and the weary-hearted, bringing the healing balm of joy and inspiration to all. His message was one of joy and comfort, for He came to bear witness of the truth by revealing God's will and purpose for mankind.

Jesus Christ heals to-day, the same as when He walked this earth in human form, for He has never left us. "Lo, I am with you always, even unto the end of the world," were His comforting words to His disciples; and again we read, "For where two or three are gathered together in my name, there am I in the midst of them" (Matt. 18:20). "Jesus Christ, the same yesterday, and to-day, and forever" (Heb. 13:8). These verses show us clearly that He has never left us. He is in our midst, watching over us, guiding and protecting us. He works through yielded hearts, and pours the healing balm of the Holy Spirit into receptive minds.

Our Lord revealed the truth that will give us freedom, peace of mind, health of body and wisdom in solving all our problems; "Ye shall know the truth, and the truth shall make you free," were His inspiring words. It is knowledge of the truth which will give us freedom from sickness and suffering. When we know God, and the truth about ourselves and our relationship to God, we shall be free, happy and successful, radiating love and wisdom to all mankind.

Paul wrote, "Your life is hid with Christ in God." This life is perfect, and as you become conscious of its perfection you will express it. Being God's child, you must be like your heavenly Father and possess His attributes of love and wisdom, health and strength, joy and peace. You may not be conscious of them; therefore you are here to awaken and know God by realizing the character of your true nature and your relationship with Him, which will enable you to overcome sickness, misfortune, unhappiness.

The Psalmist wrote, "I shall be satisfied, when I awake with Thy likeness." It is the soul's awakening that will give us peace and satisfaction; for then we will realize the indwelling Christ presence which is life

eternal. We will know ourselves when we become conscious of God's power and presence. We then will realize the beauty of the soul and its inherent powers. Life will become interesting, beautiful, joyful and satisfying when the soul is illumined.

Our body is the temple of God. It is written, "What! know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's" (1. Cor. 6: 19, 20). To glorify Him, we must have a strong and healthy body through which we can express God's perfect life. This is the temple not made with hands, where God dwells. When this temple is kept pure and holy, God's perfect life can be revealed to us; so we can realize health and happiness. The writer of the book of Romans recognized this truth, and therefore wrote: "I beseech you, therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

Dear reader, there is healing for you, success and joy, for it is your heritage.

There is strength and life abundantly for you, being God's child. "And if children, then heirs, heirs of God, and joint heirs with Christ" (Rom. 8:17).

Are you discouraged? "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest." His arm of love enfolds you, and His presence goes before you, making easy and successful your way. Do you feel weak and weary? Listen to the words of Christ: "Come unto me, all ye that labour and are heavy laden, and I will give you rest." By opening your heart and mind to God, the Christ presence will illumine your mind, remove your heavy burdens and give you rest. "But if the Spirit of Him that raised up Jesus from the dead dwell in you, He that raised up Christ from the dead shall also quicken your mortal bodies by His Spirit that dwelleth in you" (Rom. 8:11). Yes, it will heal your body; bring you into the consciousness of the more abundant life of health and strength. The truth revealed by our Lord, when understood and practised, will enable you to attain this glorious consciousness which will make your life successful and an inspiration to all mankind.

The following instructions have been prepared to reveal "the way, the truth and the life," which will enable you to be an overcomer and glorify God. By applying daily the following instructions, you will discover the "Key that will unlock the treasure vaults of heaven." This wonderful key can be used daily in solving your problems. The key fitting the lock will open the "Heavenly Vault," and blessings will be poured out upon you. Life will become interesting and inspiring. All good will be attracted to you, for you are observing the divine laws that govern health, happiness and success.

"Prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven and pour you out a blessing, that there shall not be room enough to receive it."—(Mal. 3: 10.)

"Thou wilt show me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore."—(Psalm 16: 11.)

"And ye shall know the truth, and the truth shall make you free."—(John 8: 32.)

"And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent."—(John 17: 3.)

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."—(Isaiah 40: 31.)

Look to God for your Healing and the Solving of all your Problems.

"In God I live, in Him I move,
My being is in Him.
All my desires in Him are filled
For He is everything.
He is my life, He is my health,
My strength is He, as well.
All that I am and all I have,
His Infinite Love doth tell."

God is the source of all blessings. When we recognize this truth and look to Him, we are on the way of attaining health, happiness and success. Since God is the source of all good, we must look to Him by turning our thoughts heavenward to receive unending blessings.

As the flower receives the warm sun rays by unfolding its petals, so we receive the healing balm of the Holy Spirit when we think of God's love and peace, joy and strength. Our mind comes in touch and is attuned with the divine Mind, which is necessary before we can receive healing and guidance. It is only through this mental connection that we enable God to work, heal and solve our problems.

Many have looked elsewhere and have put their faith in other things, thinking that

they would find freedom, but they always have been disappointed. How could they find health and happiness by looking away from God, the source of all blessings? How could they realize freedom by forgetting God who is the healer? Could the flower drink the warm sun rays if it turned away from the sun? Neither can God bless us, heal our bodies and guide us into paths of pleasantness when we look away from Him and do not seek Him.

Dear reader, look to God only for your healing and the solving of your problems. Jesus Christ is now here, ready to help you and reveal the way to you. He watches over you tenderly. His love enfolds you by day and night. "Lo, I am with you always, even unto the end of the world," were His comforting words (Matt. 28:20). And again He says, "For where two or three are gathered together in my name, there am I in the midst of them" (Matt. 18:20).

Where shall I look? Not far away; God's presence enfolds you and dwells within you, for your body is His temple. "Christ in you, the hope of glory" is the glad gospel message that will heal and comfort you; bring joy and inspiration into your life.

"Look unto me, and be ye saved, all the ends of the earth: for I am God and there is none else."

—(Isaiah 45: 22.)

"Some trust in chariots, and some in horses: but we will remember the name of the Lord our God."

—(Psalm 20: 7.)

"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God."—(Rom. 13: 1.)

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

"For every one that asketh receiveth; and he that seeketh, findeth; and to him that knocketh, it shall be opened."—(Matt. 7: 7, 8.)

CONSECRATE YOUR LIFE TO GOD.

Though Christ a thousand times in
Bethlehem be born,
If He is not born in thee thy
Soul is still forlorn.

—JOHANNES SCHAEFFER.

To the Christ-like soul, full of faith, of trust, and of absolute love, there is given from the hand of the Father every perfect gift—every tender mercy from the heart of the great Oversoul.—Rev. A. C. GRIFIN.

To realise health and happiness we must give God the first place in our life. Since God is the source of all good, life and joy, health and strength, we will realise them by consecrating our life to the Lord. By looking to God and putting our faith in Him, we let God work through us. By surrendering our will to the divine Will, our mind is brought in tune with the divine Mind, which

enables God to heal and bless us. The Holy Spirit then illumines our mind, for we think from God.

Since God is love, we must express that love to know Him. "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." When we love God with all our heart, soul, mind and strength, we have given ourselves to God, so that He may be all in all, which is the secret of health, happiness and success. You may say, "How can I love my neighbour who speaks unkind words and does unkind deeds?" We are not to love the unkind acts but the second commandment being like the first one, we find God in our neighbour and love that one. Jesus said, "There is none good but one, that is God," therefore there is only God to love. You look through the appearance of imperfection and see the true Self made in the image and likeness of God, and love that one. Put your faith in the true Self, not in the carnal nature that has been formed by wrong thinking.

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they are, not for what they are doing, and you will realise the healing presence of Christ, which will hasten your healing, and bring you health and happiness.

"Love worketh no ill to his neighbour: therefore love is the fulfilling of the law."—(Rom. 13: 10.)

He prayeth best who loveth best
All things, both great and small;
For the dear God who loveth us,
He made and loveth all.

—S. F. COLERIDGE.

"Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ."—(Eph. 4: 13.)

"My little children, of whom I travail in birth again until Christ be formed in you."—(Gal. 4: 19.)

Have Faith in God to Heal and Bless You.

Patience! have faith and thy prayer will be answered.—LONGFELLOW.

Our doubts are traitors,
And make us lose the good we oft might win
By fearing to attempt.

—SHAKESPEARE.

All who call on God in true faith, earnestly from the heart, will certainly be heard, and will receive what they have asked and desired, although not in the hour or in the measure, or the very thing which they ask; yet they will obtain something greater and more glorious than they had dared to ask.—MARTIN LUTHER.

"Faith in God is the key that unlocks the treasure vaults of heaven," for it opens the

the sea, he worries and judges by appearances until his vision is blurred, so he cannot see the light through the darkness. Unbelief separates him in consciousness from God's power and presence, so his mind is no longer in harmony with the divine Mind which hinders the Holy Spirit in answering his prayers.

Faith makes the mind receptive; lets God work and brings us into the realization of God's power and presence, which removes all cloudy thought of fear and doubt. "All things are possible to him that believeth," said the Master to one who was seeking healing. Why is it possible? The mind is receptive to the Christ Light which enables God to work. Having a larger vision, he does not judge by appearances, but knows that he has received before there is a visible sign. Let your faith in God increase. Know that "with God all things are possible." Then, "when you pray, believe that you have received." "How can I believe that I am healed before there is a visible sign?" you ask. Yes, before you see your healing you must believe that you are healed; for in Spirit you receive at once what you ask, and by your faith you bring it forth into expression, for

“Faith is the substance of things hoped for, the evidence of things not seen” (Heb. 11:1).

“According to your faith be it unto you,” said our Lord when He touched their eyes and healed them. He speaks these same words to you. Put into practice the faith you now have, and it will increase. Look not to material things for your healing, but put your whole faith in God only. His presence enfolds you, ever ready to heal and bless you when you look to Him and trust Him completely.

“For verily I say unto you. That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

“Therefore I say unto you. What things soever ye desire, when ye pray, believe that ye receive them, and ye shall receive them.”—(Mark 11: 23, 24.)

“And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.”

—(James 5: 15.)

Judge not by Appearances.

The single eye sees the good;
Looks through the veil,
And sees the gems of life,
Pure, Holy and Divine.

As the jeweller sees the diamond
Amidst the rock and clay,
So the pure in heart
See the perfection of the Soul.

The sculptor sees the statue
In the marble rough;
So the soul of vision,
Sees the spark of life Divine
Within the heart of man.

—EDNA A. BENSON.

When you judge by appearances you will commence to doubt, and unbelief hinders us from seeing God's perfect work. It obstructs the Christ Light from penetrating your consciousness and enlarging your vision. When you judge by appearances, you are not thinking constructively, and this blurs your vision until you look at life from the narrow, limited point of view, which looks dark. Your prayers cannot be answered, for unbelief and criticism prevent God from working. The mind, being filled with wrong thoughts, is not in harmony with the divine Mind.

When the Master said: "Judge not according to the appearance, but judge righteous judgment," He revealed the secret of right thinking, which should inspire us to think and speak of man, not as he appears to be, but as he is in his divine nature, "The image and likeness of God." This per-

fect vision removes criticism and evil thoughts until we have the mind of Christ, and see the true, the pure, the beautiful side of life. You will become stronger, happier, more poised and successful as you look at life from this point of view. Your vision is not blurred; you are not disturbed by what takes place in the realm of appearances, for your mind is stayed on God until you can say, "None of these things move me, for I judge not by appearances."

"While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."—(2 Cor. 4: 18.)

"And God saw every thing that he had made, and, behold, it was very good."—(Gen. 1: 31.)

"Every plant, which my heavenly Father hath not planted, shall be rooted up."—(Matt. 15: 13.)

"Repent: for the kingdom of heaven is at hand."
—(Matt. 4: 17.)

Observe the Divine Law of Prayer.

More things are wrought by prayer
Than this world dreams of.
Wherefore, let thy voice

Rise like a fountain for me night and day.

—Tennyson.

The object of prayer is not to change God, but to change us. "For I am the Lord, I

change not " (Malachi 3:6). Do not beg and beseech God as if He were withholding blessings from you. God is love, and therefore He continually gives and blesses all. As the sun gives out its warm rays of heat and light to all alike, so likewise God gives out His love and blessings to all, but only the mind that is in harmony with the divine Mind receives and realizes His love and power.

Do not struggle, but relax and still the mind, let it be free from fear and worry, so you can commune with God. His presence enfolds you and surrounds you. When you open your heart and mind to God you have prepared the way to receive blessings. Turn in thought to God and think of His love, purity and wisdom. Then there is a mental connection which enables God to answer your prayers. The purer your mind is, the greater power will you have in prayer, for "the pure in heart see God." Also the greater your realization of God's love is, the more effectual will be your prayers, for "God is love."

Your spiritual progress will depend upon the time you commune with God. The more you pray, the more receptive will you become to the Christ Light. Paul, knowing the power

of prayer, wrote, "Pray without ceasing," which means keeping your thoughts heavenward, so your mind will be receptive to the spiritual illumination. Our Lord spent a great deal of time in prayer. He said, "But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." The closet is the quiet place within the soul where we meet God and hold communion with Him. When we relax, and the mind becomes still and placid, we enable God to speak to us. We then pray in "Spirit and Truth" by turning in thought to God. Praying in His name, in His character, opens the "heavenly vault." "Whatsoever we ask then, we will receive."

"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you."—(John 15: 7.)

"But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

"God is a Spirit: and they that worship him must worship him in spirit and in truth."

—(John 4: 23, 24.)

Recognize the Presence of Jesus Christ.

The simplest, most direct way to our healing, our prosperity, our triumphant success while yet we walk on this earth, is through identification with Jesus Christ, who has blazed the trail through the wilderness, and laid the track through the desert and over the mountains, keeping us from pitfalls where the wilful stumble, and bringing us easily, happily, lovingly to our Eden home, our own Promised Land, to dwell in bliss through all the ages, evermore.

—ANNIE RIX MILITZ.

Believe the promises of our Lord, who said, "Lo, I am with you always, even unto the end of the world," and "For where two or three are gathered together in my name, there am I in the midst of them." Though He does not walk in human form as He once did, He has never left us. He redeemed His body by spiritualizing it, which enables Him to be omnipresent, so He can be a present help, and reveal the way for us to walk in. To know as Paul did, that "Jesus Christ is the same yesterday, and to-day, and forever," brings hope and inspiration through a realization of His watchful care and guidance. He made His union with God and man, and reconciled us to God. Having made the full demonstration of overcoming sin, sickness and death, He is our Saviour, our mediator who now helps us on the way to overcome. He is the only safe guide to follow,

fies himself with Jesus Christ enters the glorious consciousness of oneness with God, which was His great prayer.

Recognize that He is now here, watching over you and guiding you, a "present help in time of trouble." Affirm often that Jesus Christ is now here, raising me to His consciousness of perfect life, purity, joy, peace, strength, love and wisdom." When you recognize His power and presence in your life, your consciousness will be raised until you become a partaker of His nature and realize the fullness of life and vitality. Speak your words of truth in the name of Jesus Christ, and they will be more powerful. He promised that "Whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son." "If ye shall ask any thing in my name, I will do it." You ask in His name when you recognize and are conscious of His indwelling power and presence in your life. You then identify yourself with Him, which enables you to pray in "Spirit and in Truth," which unlocks the heavenly vault.

We read in 1 John 1:7, "But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ, his Son, cleanseth us from all

sin.” When we walk in the light, His blood, which symbolizes life, cleanses us. We become a partaker of His nature by letting His life be expressed through us. Sap, flowing through branches of trees in spring, removes old, dead leaves by the growth of new ones; likewise our evil thoughts and sins are removed by the Christ life permeating our consciousness. We are cleansed and become like Him by identifying ourselves with Him until His life is lived through us. “Except ye eat the flesh of the son of man, and drink his blood, ye have no life in you” (John 6:53).

“But to us there is but one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him.”—(1 Cor. 8: 6.)

“For we have not a high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”—(Heb. 4: 15, 16.)

“For there is one God, and one mediator between God and men, the man Christ Jesus.”—(1 Tim. 2: 5.)

“For in him dwelleth all the fullness of the Godhead bodily.

“And ye are complete in him, which is the head of all principality and power.”—(Col. 2: 9, 10.)

Deny Evil Thoughts and Suggestions a Place in your Mind.

Jesus Christ met evil suggestions by denial. When the tempter came to Him, suggesting that He use His great powers destructively, He met it instantly by a strong rebuke, "Get thee hence, Satan." He gave evil suggestions no place or power in His consciousness; therefore they had no power over Him; likewise we must deny evil thoughts and suggestions any place in our minds. As quickly as they appear meet them as Jesus did, and you will be giving them no power over you. "Seeing that ye have put off the old man with his deeds; and have put on the new man, which is renewed in knowledge after the image of him that created him" (Col. 3:9, 10).

The Master said, "Every plant which my heavenly Father hath not planted, shall be rooted up." These plants are evil thoughts, destructive words, sickness and inharmony. Since God did not create them, they will be rooted up through prayer of faith and understanding. Give them no power by believing in them, thinking and talking about them. Deny them any place in your consciousness, for they will hinder you in making your de-

monstration. Recognize that they are not a reality, since God did not create them; therefore refuse to give them any power by dwelling on them and so using your power destructively. See, through the veil of appearances, God's perfect life, and think of it.

"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light."—(Matt. 6: 22.)

"Then said Jesus unto his disciples, If any man will come after me, let him deny himself and take up his cross and follow me."—(Matt. 16: 24.)

"For the grace of God that bringeth salvation hath appeared to all men.

"Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world."—(Titus 2: 11, 12.)

"Lie not one to another, seeing that we have put off the old man with his deeds;

"And have put on the new man, which is renewed in knowledge after the image of him that created him."—(Col. 3: 9, 10.)

Make Affirmations of your True Character.

Jesus Christ revealed man's relationship to God when He said, "Call no man your father upon the earth; for one is your father, which is in heaven." Man is God's child, therefore in his true nature he is like his creator, for the law is that like produces like. We read that "God created man in his own image

and likeness," and that "God is light and in him is no darkness at all."

God is love, wisdom, power and intelligence. Being His child, I must possess these same attributes. I now recognise that I am the image of divine love, power and intelligence. I am strong and courageous, for God is my strength and my power. "My life is hid with Christ in God." This life is perfect. I am here to become conscious of this perfect life and express it, and thereby "glorify God in my body." I now claim my heritage by recognizing my true character. "I am the image and likeness of God." I am not speaking from my human mind or the body I see, but from Christ in me. I open my heart and mind to God, and let the Spirit descend into my consciousness. From the indwelling Christ presence I speak words declaring my true nature: I am love, I am pure, I am strong and courageous, for God is my strength and power. I am divine intelligence, for I am like my heavenly Father. (Repeat them often in the name of Jesus Christ until you become conscious of them.) "And have put on the new man, which is renewed in knowledge after the image of him that created him" (Col. 3:10).

Your mission is to bring these divine attributes into expression. "And as we have borne the image of the earthy, we shall also bear the image of the heavenly" (Cor. 15:49). By wrong thinking and living we have borne the image of the earthly, but by right thinking we shall bear the image of the heavenly.

Man is the channel through which God expresses Himself, therefore we are "the light of the world." The divine spark of life lies within each heart. We are here to become conscious of it, which will enable us to glorify God in our body by expressing health and happiness. God's life is perfect, pure and glorious. You are here to let God express His beautiful life through you. Your thoughts make the mould into which this pure substance flows; therefore think from God thoughts of purity and love, health and strength, so that you do not obstruct the current of life from its full expression. Affirm often: "I am God's child, therefore, in my true nature I am like my heavenly Father. Christ shall be magnified in my body. God's perfect life is expressed through me. I will let my light shine by radiating love and wisdom to all mankind."

"Let the weak say, I am strong."—(Joel 3: 10.)

"Therefore if any man be in Christ, he is a new creature; old things are passed away; behold all things are become new."—(2 Cor. 5: 17.)

"But we all, with open faces beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the spirit of the Lord."—(2 Cor. 3: 18.)

"To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory."
—(Col. 1: 27.)

Think Constructively.

"Mind is the master power that moulds and makes;
And man is mind, who evermore takes
The tool of thought, and shaping what he wills,
Brings forth a thousand joys, a thousand ills;
He thinks in secret and it comes to pass,
Environment is but his looking-glass."

All our troubles begin by wrong thinking, for our thoughts are creative. The mind is neutral, like the soil, bringing into expression whatever seed-thoughts are sown. Thoughts of joy, love, peace, harmony, purity, courage, health and strength are constructive. They transform the body, affairs and environment when we continually think of them, until our mind is renewed. "Be ye transformed by the renewing of your mind," wrote Paul, who recognized the power of thought. When we change our mind and think from God, our thoughts are constructive. They transform

our body by letting God's perfect life be expressed through it. Watch your thoughts. They are the mould that decide whether your life will be happy and successful, or gloomy and discouraging.

The writer of Proverbs recognized the creative power of thoughts and that they decided our destiny, when he wrote: "For as he thinketh in his heart, so is he." If we think that we are weak, sick, incapable of doing things, we will bring those conditions into our lives, for such thoughts are creative. They obstruct the expression of God's life and power; make us negative; hinder our progress and attainment of health, happiness and success.

Think constructively. "Judge not according to the appearance, but judge righteous judgment," said the Master who revealed the law governing right thinking that leads to health and happiness. Turn your thoughts heavenward and think of God's love, peace, power and purity. "Thou wilt keep him in perfect peace, whose mind is stayed on thee." Do not waste your time dwelling upon appearances of evil and imperfections until you lose the consciousness of joy and peace. Think of those things you want expressed in

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your life. You want to be successful and happy; then think such thoughts that will bring these conditions into your life. Think of the latent powers of your soul waiting for expression; the wonderful possibilities of your life, since you are God's child. Charge your mind with these healing currents of life, aspiration and power, and you will become transformed by discovering the treasures that lie concealed within your soul.

"I can do all things through Christ which strengtheneth me."—(Phil. 4: 13)

"Let this mind be in you, which was also in Christ Jesus."—(Phil. 2: 5.)

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."—(Phil. 4: 8.)

"Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up.

"Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil.

"Rejoiceth not in iniquity, but rejoiceth in the truth;

"Peaceeth all things, believeth all things, hopeth all things, endureth all things."—(1 Cor. 13: 4-7.)

Avoid Destructive Thoughts.

Whenever we send out loving thought in generous profusion, every part of our environment echoes back a sweet benediction.—HENRY WOOD.

What a man is inwardly, that to him will the world be outwardly: his mood affects the very "quality of the day."—BRADFORD TORREY.

Avoid thoughts of criticism, anger, resentment, jealousy, selfishness, impurity, revenge, fear, worry, anxiety, sickness and poverty. When these destructive currents are sent through the body they destroy the cells, cause sickness, weakness, failure and bondage; for every thought we think leaves an impression upon the mind which governs the body, affairs and environment. The body reflects like a mirror the kind of thoughts we think. Destructive thoughts are outpictured in the body and affairs in inharmony and disease. They obstruct God's life from full expression through the body. Their destructive currents separate us in consciousness from God's power and presence, so His life cannot illumine our mind. To enjoy the fullness of life, health, happiness and success the mind must be in tune with the Divine Mind, so it thinks only wholesome thoughts.

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."—(Prov. 17: 22.)

To get darkness out of a room, we must bring in the light; likewise we must bring in the light by thinking and speaking constructively to get evil conditions out of the world. They will not be removed by talking about them and fighting them; any more than darkness would be removed by bringing in more darkness. "Resist not evil," are the words of the Master who knew that the appearances of evil would be dissolved by not thinking and talking about them.

By thinking and speaking constructively, consciousness becomes raised which dissolves untrue conditions. "God is light, and in Him is no darkness at all." Man being the channel through which God expresses Himself, lets this light shine when he dwells upon God's love and wisdom, strength and purity, and talks about them. By keeping his mind stayed on God, his mind becomes in tune with the divine Mind, so it thinks His thoughts. Paul, recognizing the power of thought and the spoken word, wrote: "While we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal." He saw that the appearances of evil were temporal,

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for they were caused by wrong thinking and living; therefore he gave them no power by dwelling upon them. Keeping his mind stayed on God and recognizing His perfect life, he received the illumination which enabled him to remove conditions of evil and disease.

Our Lord said: "Every plant, which my heavenly Father hath not planted, shall be rooted up." He saw that inharmony, hatred and disease were plants that must be rooted up, since God did not create them; therefore He gave them no power by talking about them, but destroyed all untrue conditions by His spoken words, which were spirit and life. Jesus Christ talked about God's life, love and power so much that He healed the sick and moved all obstacles. He said, "Follow me." "I am the way, the truth and the

life. To realize health and happiness, we must follow in His footsteps and live the life that He lived. Think from God and speak words that are true and constructive. Talk about high ideals, success, victory, love, purity, health and happiness. They will transform your life; change your environment; give you the victorious attitude in meeting your problems. As light removes darkness, so, like-

wise, constructive words remove undesirable conditions in our life.

"Let this mind be in you, which was also in Christ Jesus."—(Phil. 2: 5.)

"For by thy words thou shalt be justified, and by thy words thou shalt be condemned."—(Matt. 12: 37.)

"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."
(Prov. 18: 21.)

"The tongue of the wise is health."—(Prov. 12: 18.)

"And the burden of the Lord shall ye mention no more: for every man's word shall be his burden; for ye have perverted the words of the living God, of the Lord of Hosts, our God."—(Jer. 23: 36.)

"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones."—(Prov. 16: 24.)

"Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I show the salvation of God."—(Psalm 50: 23.)

Think and Talk About Things you Desire to see Manifested.

When you hold persistently to the successful mental state, you become a magnet, drawing other people to aid you as you in return can aid them. But if you are much of the time despondent and gloomy, you become the negative magnet, driving the best from you.—PRENTICE MULFORD.

You desire to be successful, strong, prosperous and happy; then think and talk in such terms that these conditions will be manifested in your life. No one ever succeeded in any work who looked on the dark side, and

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indulged in gloomy thoughts of failure, poverty and weakness. These destructive currents of discouragement and fear kept their good away. To be happy, successful and prosperous you must have the confident attitude. Be cheerful, and your good will come to you. Send out thought currents of joy, success, power, love and abundance, for they will attract favourable conditions in your life and environment. What we become conscious of we will manifest; therefore our mind must be renewed to realize health and success. See the beautiful side of life that brings courage and inspiration. Recognize the wonderful possibilities of life; the wonderful powers that are lying dormant within hearts and minds waiting for man to awaken and become conscious of them. You have the power to bring into manifestation the desires of your heart. The desire reveals that it is there for you to bring it forth into expression. Therefore visualize your ideal, and see it already manifested, for then you will bring it into expression. Every great work of art or literature was first only an idea in the mind, but through faith and perseverance they were made visible; likewise your ideal will become visible by visualizing and work-

ing until it is brought into expression, crowning your life with joy and success.

"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light."—(Matt. 6: 22.)

"He that hath a bountiful eye shall be blessed."
—(Prov. 22: 9.)

"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."—(2 Cor. 3: 18.)

"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer."—(Psalm 19: 14.)

Let God Work.

When I am very weary
I do not try to pray:
I only shut my eyes, and wait
To hear what God will say.
Such rest it is to wait for Him
As comes no other way.

—ALICE E. WORCESTER.

When you struggle, fear and worry, you are trying to meet your problem in your own strength. Let God work. "Man's extremity is God's opportunity." There never was a problem too difficult for God to solve, or a case of sickness too far gone that God could not heal, when we let go and fully trust Him. By surrendering your human will to the

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divine Will, there is no friction that hinders the working of the Spirit. When they harmonize, God can heal, prosper and bless you. Relax and trust; leave your problem in God's hand, for "He is a present help."

"Not by might, nor by power, but by my spirit, saith the Lord of hosts."—(Zech. 4: 6.)

"Consider the lilies of the field, how they grow; they toil not, neither do they spin:

"And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

"Wherefore, if God so clothe the grass of the field, which to-day is, and to-morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?"—(Matt. 6: 28-30.)

Practice the Presence of God.

How can we be with Him but in thinking of Him often? How can we often think of Him but by a holy habit which we should form of it? You will tell me that I am always saying the same thing: it is true, for this is the best and easiest method I know; and as I use no other, I advise all the world to use it. We must know before we can love. In order to know God, we must often think of Him.

—BROTHER LAWRENCE.

We read in Proverbs, "In all thy ways acknowledge Him, and he shall direct thy paths." When we recognize God in all our ways, we have made it possible for God to guide and bless us. Moses acknowledged God, and when he requested His way to be made known, the Lord said, "My presence

shall go with thee, and I will give thee rest." He realized God's power and presence which enabled him to do such great works. The Psalmist also recognized the joy and rest by realizing the presence of God when he wrote: "Thou wilt shew me the path of life; in thy presence is fullness of joy; at thy right hand there are pleasures for evermore." In God's presence there is joy, health and pleasures evermore, for "God is light, and in him is no darkness at all." In Him there is no sorrow, pain or suffering. When we continually turn in thought to God and heaven, His presence will illumine our mind and remove the cloudy thoughts of fear, doubt and worry. When we think of God, our mind is in tune with the divine Mind, which enables us to realize His presence, which brings joy and inspiration.

God is not far away, for God is spirit, everywhere present. "Can any hide himself in secret places that I shall not see him? saith the Lord. Do not I fill heaven and earth? saith the Lord" (Jer. 23:24). Yes, the presence of the Lord enfolds you and surrounds you. "Your life is hid with Christ in God." Recognize this truth now, dear reader, and believe it. Then your problems

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will be solved; your body healed, and whatsoever you do will prosper, for you let God work and bless you.

"I am the vine, ye are the branches," said our Lord. We are here to become conscious of our oneness with the infinite Life, which was Jesus' great prayer. As we recognize God's power, presence, love and wisdom, we will realize them and express them. "God is love," and as we express this love in blessing others in thought, word and deed, we are practising the presence of God. "And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God" (Eph. 3: 19). God expresses himself through man. When he awakens and lets the divine life express through him, he bears "the fruit of the Spirit, love, joy, peace, long-suffering, gentleness, goodness, faith, meekness and temperance" (Gal. 5: 22).

Let your soul express and realize the words of our Lord: "Ye are the light of the world. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Within your soul lie the attributes of divine Life, waiting for expression, to reveal the grandeur and

beauty of your true Self. By identifying yourself with Christ, you will become conscious of the indwelling Christ presence which will so illumine your mind that you will let God express his love and wisdom, peace and joy through you. Then life will become interesting and inspiring, for you are practising the presence of God.

"In all thy ways acknowledge him, and he shall direct thy paths."—(Prov. 3: 6.)

"God is our refuge and strength, a very present help in trouble."—(Psalm 46: 1.)

"I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit; for without me ye can do nothing.

"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

"Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples."

—(John 15: 5, 7, 8.)

Seek First the Kingdom of God.

When the Kingdom is once found, life ceases to be a plodding, and becomes an exaltation, an ecstasy, a joy.—R. W. TRINE.

Our Lord revealed the way to health, happiness and success when He told us to seek first the Kingdom of God. Things would be given us then, for treasures in heaven are the reality of treasures on earth. The Master

saw how man toiled and laboured to get things that never brought him the joy and contentment that he was seeking, for the kingdom was left out. When we seek first the "Kingdom of God," we will never lack things; for when we lay up treasures in heaven, we will have a rich consciousness that attracts all good to us.

This kingdom is not far away. "Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you" (Luke 17: 21). This kingdom must unfold in our hearts and minds, until we become conscious of it. We read in Matthew "The kingdom of heaven is like to a grain of mustard seed, which a man took and sowed in his field: Which indeed is the least of all seeds; but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof." The mustard seed is one of the smallest seeds, but when it is planted, it will grow and become the greatest among the herbs: likewise the thought of the "Kingdom of God" is the smallest idea in the mind of the natural man; but through prayer this small idea will unfold in his heart and mind until he thinks from God by turning his

thoughts heavenward continually. As he meditates on the truth day and night, "The Kingdom of God" is unfolded to his consciousness until it becomes the greatest. Worldly and evil thoughts no longer govern him, when the kingdom is unfolded in his heart and mind, which gives him the realization of God's power and presence in abiding joy and peace, health and success.

Without the kingdom, wealth and riches bring neither joy nor contentment. Possessing the kingdom, all things will be added, for treasures in heaven are the reality of treasures on earth. When we seek first "the Kingdom of God," and lay up treasures in heaven by spiritualizing our thoughts, we are observing the divine law that governs health and prosperity.

"Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

"But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal."

—(Matt. 6: 19, 20.)

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."—(Matt. 6: 33.)

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Praise and Thank God for Blessings Received.

"If gratitude is due from man to man, how much more from man to his Maker?—WORDSWORTH.

God's goodness hath been great to thee;
Let never day or night unhallowed pass,
But still remember what the Lord hath done.

—SHAKESPEARE.

Praise and gratitude make us receptive to blessings. They do not change God, but they change us. Praise brings us in tune with the divine Mind; opens the heart and mind to inspiration; brings the Christ Light into our consciousness, which removes cloudy thoughts of doubt and fear as light removes darkness. As the sun pours out its warm rays of light and heat, so God pours out His love and blessings to all alike. We do not all receive equal blessings, for we are not all as receptive and sincere in seeking. Continual praise and gratitude will make us more receptive, and thereby increase our capacity to enjoy more of God's love, wisdom, joy and power. The grateful heart naturally will attract all good, for it is conscious of the divine Presence, the source of all blessings, which enables it to enjoy the fullness of life and joy. Give thanks for the blessings God has given you, and you

will receive more. Praise Him continually, silently and audibly, and you will become more conscious of His power and presence.

Rejoice and give thanks for your healing, for it will open the way for greater improvement. Do not wait until you are healed before you give thanks. Give thanks before there is a visible sign, knowing that in Spirit you have received, then the way is prepared for the outer manifestation to take place quickly, for the divine law has been observed. It is written, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall receive them." Before Lazarus was raised up from the dead, Jesus said, "Father, I thank thee that thou hast heard me." He knew that in Spirit His prayer was answered, and He recognized it by giving thanks before there was any sign of returning life. We must likewise do the same; then we will receive blessings untold. The outer manifestation will be made quickly, for our faith will bring it into expression. Rejoice over every indication of improvement and give thanks. You then are preparing the way to hasten the healing and enjoy the fullness of health and happiness. Do not beg and beseech God to heal you, when you have asked Him. Believe

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that He has answered your prayer. Your faith will bring about the healing, for it is "the key that will unlock the heavenly vault." By continual praise and gratitude, you become receptive, enabling the Lord to heal and bless you.

"O praise the Lord, all ye nations; praise him, all ye people.

"For his merciful kindness is great toward us: and the truth of the Lord endureth forever. Praise ye the Lord."—(Psalm 117.)

"O give thanks unto the Lord; for he is good: because his mercy endureth forever."

—(Psalm 118: 1.)

"Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ."

—(Eph. 5: 20.)

"Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to our Lord."—(Col. 3: 16.)

Look on the Bright Side

"It is easy enough to be pleasant
When life flows by like a song,
But the man worth while is the man who will smile
When everything goes dead wrong;
For the test of the heart is trouble,
And it always comes with years,
And the smile that comes with the praises of earth
Is the smile that shines through tears."

Many men owe the grandeur of their lives to their tremendous difficulties.—SPENCER.

"If you will call your 'troubles' 'experiences,' and remember that every experience develops some

latent force within you, you will grow vigorous and happy, however adverse your circumstances may seem to be."

When perplexing problems and trying experiences face you, look always on the bright side. Keep the victorious attitude of mind, and you will conquer. No one ever fails when the star of faith and courage shines brightly in his soul, no matter how difficult and trying the experience may be. He will always win and be successful, for he has the right mental attitude.

"After every storm the sun will smile; for every problem there is a solution, and the soul's indefeasible duty is to be of good cheer."

When the sun of joy is hidden
And the sky is overcast,
Just remember light is coming
'And a storm can never last.

—J. B. SMILEY.

When it looks the darkest, and that all the world is against you, know that Light is coming soon to scatter the gloom away and bring hope and inspiration. "Man's extremity is God's opportunity." God has many ways in blessing you, and solving your problems. You may not see the way, but know that somehow they will be solved when you are still and let God work.

See the light through the darkness and you will conquer. Your right mental attitude will enable you to bring your ideal into expression. Meet your problem with the confident, satisfied attitude, and solve it. Do not try to run away from it, for you will meet it again until it is solved. "Agree with thine adversary, while thou art in the way with him;" and "Resist not evil," are the words of our Lord, who met every problem fearlessly and dissolved it utterly. Do not fight your problem, nor resist it, for you will never solve it with that mental attitude. Meet it confidently, cheerfully; look on the bright side; see the good there is in it by knowing that it will make you stronger. You then will overcome it and solve it. When it is finished, it will pass out of your life, and you will be stronger, and more courageous for having met it.

Problems are often blessings in disguise, revealing weak points. Met in the right way, they bring forth the latent powers of the soul, making us stronger, more positive and courageous. It is not the problems we meet, but our mental attitude that determines the blessings to be received. If we resist them, it is because we fear them, and they will appear to increase, but if we meet them cheerfully,

bravely, with an undaunted spirit, we will conquer, become stronger and more courageous.

See the good, the pure, the beautiful side of life. Look beyond appearances of ingratitude and unkindness. Let none of these things move you and disturb your consciousness. They will have no power over you, when you do not dwell upon them. Dismiss all cloudy thoughts of injustice and unkindness, and dwell upon the beautiful side of life, "For what we look for, we will always find." There is good in every heart. It may be hid by wrong thinking and living, so the angel side is not visible. The following song reveals the truth :

"There's good in ev'ry thing we view;
The truth we none can hide;
In ev'ry heart there's goodness, too;
We've all our angel side."

Your recognition of it will bring the goodness into expression. As the warm sun rays help to bring the seed into expression, likewise your recognition of goodness in another will help to bring it forth into manifestation. Life will become interesting and inspiring when you look at the good, the pure, the beautiful side of life. You will rise above the

narrow, limited life of the senses, into the beautiful life of freedom. Having the single eye, you see the light through the darkness; you recognize that every problem is but an opportunity for you to bring into expression the powers of the soul, "because greater is he that is in you, than he that is in the world."

"Let not your heart be troubled: ye believe in God, believe also in me."—(John 14: 1.)

"These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."—(John 15: 11.)

"Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest."

—(Joshua 1: 9.)

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."—(Rom. 8: 28.)

Avoid Fear, Worry and Anxiety.

Be Thou, O Rock of Ages, nigh!

So shall each murmuring thought be gone;
And grief and fear and care shall fly,
As clouds before the mid-day sun.

—C. WESLEY.

Destructive or negative thoughts sap more strength and vitality than hard labour, for they separate us in consciousness from God's power and presence, so we cannot realise the

fullness of God's life, strength, love, joy, and peace. They make us weak and negative. Anxiety and worry obstruct God's life from full expression through our body. A string tied tightly around the stem of a flower prevents the sap from flowing freely throughout the leaves; likewise fear, worry and anxiety prevent God's life from full expression throughout our body. Life is perfect, for God is life. There is no imperfection in God's life, but our way of thinking and living has been imperfect, which has kept us from realizing its strength and power. You can never realize that glorious life in its fullness as long as you fear and worry. The channel is closed, so God cannot express His perfect life through you in its fullness of joy, health and strength. Why should we worry. Will it help to solve our problems? Will it bring us joy and peace? Will it make us stronger and more courageous? Since it does not help us solve our problems, and bring us strength and courage, let us no longer entertain thoughts of anxiety and worry. Let us bid them leave since they disturb our joy and peace. Let us follow the Master who said, "Let not your heart be troubled: ye believe in God, believe also in me."

say of the Lord, He is my refuge and my fortress: my God; in Him will I trust. There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways." Meditate daily upon the ninety-first Psalm until you get the realization of His Divine Presence enfolding you and protecting you. "I will fear no evil: for thou art with me." Recognize that God's love enfolds you and protects you. Send out thoughts of love, and as you begin to express God's love, all fear will be dissolved, for "Perfect love casteth out all fear." Perfect love gives us vision to see good where evil appears to be, and this clear seeing compels omnipotent good to appear. You will then become strong and positive, and be able to say, as Paul did, "But none of these things move me," for I realize the Christ Presence, and "greater is he that is in me, than he that is in the world."

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

—(Isaiah 41: 10.)

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

—(2 Tim. 1: 7.)

Forget the Past.

"For yesterday is but a dream
And to-morrow is only a vision.
But to-day well lived,
Makes every yesterday a dream of happiness,
And every to-morrow a vision of hope.
Look well, therefore to this day!"

Past mistakes and misfortunes should be forgotten, and remembered no more. Dwelling upon them fills the mind with regret and condemnation, which hinders one's progress. Remember the helpful points in your past experiences and forget the rest, and you will make greater progress in your spiritual unfoldment.

"Remember ye not the former things, neither consider the things of old."—(Isaiah 43: 18.)

Do not Dwell upon your Ailments and Talk about Them.

As coloured glass obstructs the warm sun rays from entering the room, likewise cloudy thoughts of disease and misfortune prevent God's power and presence from raising your consciousness to health and happiness. When you continually dwell upon your ailments and talk about them, you are keeping them in mind, which delays your healing. By dwell-

ing upon appearances, you are holding on to conditions which you desire to be free from; for our vision of God's creative realm of divine ideas determines the perfection or the imperfection of what we see in manifestation. Your thoughts and words are the channel through which these creative ideas flow; therefore reverse your thoughts; think as little as possible about your ailments and difficulties, and affirm the perfection of all God's ideas. You then do not give them any visualized form, and soon they will pass out of your life, and you will realize health and happiness.

"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light" (Matt. 6:22). The single eye beholds the one Life, and recognizes its perfection. Think of your glorified body which is beautiful and perfect until your consciousness is raised and its glory is revealed, and you are healed.

"Not discerning the Lord's body, for this cause many are weak and sickly among you, and many sleep."—(1 Cor. 11: 29, 30.)

"For we know that, if our earthly house of this tabernacle were dissolved, we have a building of God, a house not made with hands, eternal in the heavens.

"For in this we groan, earnestly desiring to be clothed upon with our house which is from heaven."

—(2 Cor. 5: 1, 2.)

Aspire to live a True and Noble Life.

Build thee more stately mansions, O my soul,

As the swift seasons roll!

Leave thy low-vaulted past!

Let each new temple, nobler than the last,

Shut thee from heaven with a dome more vast,

Till thou at length art free,

Leaving thine outgrown shell by life's unresting sea!

—O. W. HOLMES.

Leave the narrow, limited life of the senses, and you will enjoy the larger life of the Spirit. To live in sense consciousness is bondage; but to live in spiritual consciousness is freedom, health and happiness; therefore aspire to live upon the spiritual plane which will enable you to look at life from a different viewpoint, for your vision is enlarged. You will see the good, the true, the beautiful aspects of life, and you will dwell upon them. You will look for the noble and inspiring qualities in life and think and talk about them. Health and happiness await you, when you have attained the larger vision of life. You will bless and inspire all with whom you associate by living the true and noble life.

The Master said, "He that findeth his life shall lose it: and he that loseth his life for my

sake shall find it." He who will let go of the narrow, limited life of the senses will find life, but he who will not let go of it, will lose consciousness of the abundant life, for he does not identify himself with Christ, the source of life. "Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed." What is this meat which endureth unto everlasting life? Is it not a knowledge of God that brings you the realisation of the indwelling Christ presence? John recognized this truth when he wrote: "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent." To know God is life eternal, for then you are conscious of His indwelling presence which brings peace and joy, strength and courage. This is "the meat which endureth unto everlasting life" that we should labour for. Think of God, and meditate upon His love, peace, purity and power, until you realize them, and enter the glorious resurrection life of freedom. You then are laying up treasures in heaven by spiritualizing your thoughts until you abide in the Christ consciousness which brings peace

and contentment, for you possess the "pearl of great price" (the realization of the indwelling Christ presence which makes you free).

"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

"But his delight is in the law of the Lord; and in his law doth he meditate day and night.

"And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."—(Psalm 1: 1-3.)

"The path of the just is as a shining light, that shineth more and more unto the perfect day."

—(Prov. 4: 18.)

"Be ye therefore perfect, even as your Father which is in heaven is perfect."—(Matt. 5: 48.)

"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God."—(Col. 3: 1.)

Seek the Spiritual Baptism.

Let us then labour for an inward stillness,
An inward stillness and an inward healing;
That perfect silence where the lips and heart
Are still, and we no longer entertain
Our own imperfect thoughts and vain opinions.
But God alone speaks in us, and we wait
In singleness of heart that we may know
His will, and in the silence of our spirits,
That we may do His will, and do that only.

—LONGFELLOW.

One of our greatest needs is the baptism of the Holy Spirit. Jesus recognized how important it was to have this spiritual illumina-

tion, that He urged all to seek for it. The disciples were not sent out to heal and preach until they had received this baptism.

It is important for us to seek this spiritual illumination. Without the consciousness of the Holy Spirit, we are powerless, weak and negative. Not realizing its power and presence, we are unable to enjoy good health, and be strong and courageous when difficult problems and trying experiences face us. How could we feel strong, joyful and courageous without the realization of the Holy Spirit? God is the source of power and life abundantly, and only when we think His thoughts can God reveal His glory to us.

When the Holy Spirit illumines our mind, we become more conscious of life in its fullness of health and strength, joy and peace. As light removes the darkness, likewise this spiritual illumination removes cloudy thoughts of fear, doubt and worry, until "we know that all things work together for good to them that love God." What rain and sunshine are to the thirsty flowers, the Holy Spirit is to the weary heart. The drooping flowers become refreshed; likewise the weary heart becomes strong and courageous when the Holy Spirit illumines the mind.

INSTRUCTIONS IN DIVINE HEALING.

“What shall I do to receive this baptism that will bring me untold blessings?” you ask. Read the first two chapters of the book of Acts, and you will see what the disciples did. They all continued with one accord in prayer until the Holy Spirit illumined their soul, mind and body. They tarried and waited upon the Lord until they received this blessing; so must you pray and tarry until your heart and mind become purified to receive this heavenly guest. Do not struggle and try to force the Holy Spirit to illumine your mind. Working yourself into a high tension and emotion by making much noise is not the way to get this illumination. Only when your mind is still and calm will you receive the blessing. The still waters of the lake cast a perfect reflection of the surrounding trees and the blue sky above; likewise the still, placid mind that is in harmony with the divine Mind casts a perfect reflection of the heavenly image. The turbulent mind cannot receive the spiritual baptism. Relax, be calm, serene, and turn in thought to God. Then think of God’s love and power, joy and peace. Recognize the presence of Jesus Christ, and lift your voice in praise and gratitude, both silently and audibly, then your

mind will become receptive to the spiritual illumination. Affirm that Jesus Christ is now here raising me to His consciousness of perfect life, love, peace and joy. The indwelling Christ Presence illumines my soul, mind and body. "My life is hid with Christ in God." Through prayer and praise I am now becoming conscious of its perfection, which enables me to express it in love and wisdom, health and happiness.

God is not far away. Your body is His temple in which He dwells. Paul said: "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" By continually turning in thought to God, you will become conscious of His indwelling Presence which will illumine your mind, and indue you with power. Through prayer and praise, both silently and audibly, your mind will become receptive to the Christ Light. By putting your whole faith in God, you have made it possible for God to bless you. The Psalmist, recognizing this fact, wrote: "Trust in the Lord, and do good, so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Commit thy way unto the Lord, trust also in

him, and he shall bring it to pass. Rest in the Lord, and wait patiently for him" (Psalm 37 :3-5).

Be not discouraged if you do not realize the illumination quickly. Some get it sooner than others. It is for each one of us to realize the indwelling Christ presence, and we should wait patiently and pray until our heart and mind become receptive to it. "Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these." The lily does not struggle or resist. It observes the divine law of its being by letting God work. It unfolds from within outward, dips its roots into the soil, and turns its head toward the sun to receive its warm rays of heat and light; likewise we do not struggle and resist, but open our heart and mind to the Christ Light, and let it illumine our soul, mind and body, by recognizing its omnipresence, and by my awakening, I shall become conscious of it.

"And ye shall receive power, after that the Holy Ghost is come upon you."—(Acts 1: 8.)

"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall

teach you all things, and bring all things to your remembrance, whatsoever I have said unto you."

—(John 14: 26.)

"If ye then, being evil, know how to give good gifts unto your children; how much more shall your heavenly Father give the Holy Spirit to them that ask him?"—(St. Luke 11: 13.)

Study and Meditate Daily.

Read the Scriptures daily and meditate upon the sayings of Jesus Christ. It will increase your faith and knowledge to read and meditate upon the deep truths revealed by our Lord. Commit to memory passages of Scripture that appeal to you, and let your thoughts dwell upon them. You will find it helpful to keep your thoughts from wandering and dwelling upon worldly things.

In Isaiah we read: "Thou wilt keep him in perfect peace, whose mind is stayed on thee." If we keep our mind stayed on God, we will realize peace and harmony. There is no discord and inharmony in God, for "God is light, and in Him is no darkness at all." When our thoughts are turned toward God, the appearances of inharmony are dissolved by the Christ Presence. When we think from God, we practise the presence of God, by

You will get the spiritual interpretation of the writers, and the Bible will become an interesting book that you will enjoy to read.

"But there is a spirit in man: and the inspiration of the Almighty giveth them understanding."

—(Job 32: 8.)

"The letter killeth, but the spirit giveth life."

—(2 Cor. 3: 6.)

"Now we have received, not the spirit of the world, but the Spirit which is of God; that we might know the things that are freely given to us of God."

—(1 Cor. 2: 12.)

Bless Others in Thought, Word and Deed.

Be not simply good,
Be good for something.

—THOREAU.

Stagnation is death, whether it be physical or spiritual. A pool cannot be pure and sweet unless there is an outlet as well as an inlet. Unless you use for the service of others what God has already given you, you will find it a long, weary road to Spiritual Understanding.—H. EMILIE CADY.

Your capacity to receive is measured by your capacity to give out. The divine law is that we receive the same measurement that we give out. If we give freely, we have opened the channel to receive abundance. He who lives the narrow, selfish life, and does not try to bless others in thought, word and deed, has obstructed the channel so he cannot receive blessings and enjoy the fullness of life,

health and joy. He separates himself in consciousness from God's power and presence by not realizing that when he serves man, he serves God. "Verily I say unto you, inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matt. 25:40). He builds a shell around himself that prevents God's love and joy from reaching his consciousness.

To enjoy health, happiness and success, it is necessary to love and bless everyone. Then we have prepared the way to receive greater blessings, for our mind is in tune with the divine Mind, which enables us to realize our oneness with the divine Life. This larger vision of life enables us to love and bless all. It is flowing waters that are cool and refreshing. The stream does not fear to give out, for there is abundance of water waiting to be let loose; likewise, it is the active worker who seeks to bless and give out that receives much. There is no fear in giving out and blessing others, knowing that there is abundance of wealth and riches in store when we use it wisely.

Love is the great magnet that attracts all blessings, for "Love is the fulfilling of the law." Love always blesses; gives cheerfully;

radiates joy and success; attracts all good, for it receives with the same measurement that it gives out. As the rose gives its sweet fragrance to all alike, so the heart that has felt the divine touch of love, gives and receives more blessings, since the divine law of success, health and happiness is observed.

"Judge not, and ye shall not be judged; condemn not, and ye shall not be condemned; forgive, and ye shall be forgiven:

"Give, and it shall be given unto you; good measure, pressed down, and shaken together and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again."—(Luke 6: 37, 38.)

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."—(Matt. 5: 16.)

Apply Instructions.

The great thing in the world is not so much where we stand, as in what direction we are moving.

—OLIVER WENDELL HOLMES.

Four things a man must learn to do

If he would make his record true:

To think without confusion, clearly;

To love his fellow men sincerely;

To act from honest motives purely;

To trust in God and heaven securely.

—HENRY VAN DYKE.

Read these instructions over often until

INSTRUCTIONS IN DIVINE HEALING.

they are learned; then put them into practice in your daily living and thinking, and you will realize health and happiness, for you are observing the divine laws that govern health and success. The more faithful you are in putting into practice daily what you know, the more quickly will you obtain what you desire.

He who desires to become a great musician studies the law of music carefully and applies it. Likewise we must study the divine laws, the truth revealed by our Lord, and apply them daily, to be able to overcome, and realize health and success. Only he who applies his knowledge of truth daily and hourly will be able to enjoy the fullness of life, joy and strength. The boy who works a problem in mathematics gets a correct answer when he observes the law of mathematics; likewise, we get a correct answer in working our life problems when we observe the divine laws taught by Jesus Christ. By putting all our knowledge into practice in our daily work, we will know God, and glorify Him by letting our light shine. The Kingdom of God will become real to us, and we will enter the consciousness of the truth which gives us freedom, health and happiness.

"If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

"Ye are my friends, if ye do whatsoever I command you."—(John 15: 10, 14.)

"But be ye doers of the word, and not hearers only, deceiving your own selves."—(James 1: 22.)

"Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven."

—(Matt. 7: 21.)

Have Perseverance.

The mountain top must be reached, no matter how many times we fall in reaching it. The fall is not counted, it does not register; the picking up and going on counts in life.—FLORA HOWARD.

"Success in life is a matter not so much of talent or opportunity as of concentration and perseverance."

Be not discouraged should your healing seem slow. Recognize every indication of improvement and thank God for it, which will open the way for the healing more quickly. Do not give up and say, "There is no healing for me, for I see no results." This wrong mental attitude will hinder your demonstration, for you are judging by appearances and doubting. "Believe that you have received." "Be strong and of good courage," is the right mental attitude that will enable you to overcome and "inherit all things." Be cheerful.

"Judge not by appearances," are the words of our Lord, who revealed the way, the truth and the life.

When Job went through his trying experiences, he said, "Though he slay me, yet will I trust in him." Through faithfulness and perseverance he overcame sickness and poverty. Because he did not compromise, doubt and waver, he received his healing and also great riches. If you will endure, persevere and not compromise, you also will make the demonstration; reach the goal that you aspire to; bring your ideal dream into manifestation, for every high aspiration is a vision of your inherent powers. Wait patiently, persevere and work until they are brought forth into manifestation, and you will be successful, happy and prosperous.

When a boy makes a mistake in working his problems, he erases it and forgets it; then works the problem over correctly. This simple illustration teaches us a great lesson. When we make a mistake in working our life problems, erase the mistake from our mind; forget it, and work it over again. Do not get discouraged and give up the study of truth, should your progress appear slow. We would have no great musicians, writers and

inventors if they had become discouraged and given up their work when they met obstacles. Through courage and perseverance, they brought forth their ideal into expression, which immortalized their name. Likewise we must have patience, courage and perseverance to obtain the "pearl of great price," the knowledge of truth which will give us freedom.

The one who perseveres and has the victorious attitude, even though the light seems to break slowly over consciousness, will conquer and demonstrate. He will overcome and inherit all things. The star of faith beams brightly, giving light and inspiration. He sees the light through the darkness, for he does not judge by appearances.

Dear reader, take and keep the attitude of the victor, and you will reach the goal to which you aspire. Persevere, though your progress seem slow, and you will receive your healing. Be cheerful though problems stare you in the face. There is a supply for every need. "Man's extremity is God's opportunity." Think constructively, and let God work; your problem then will be solved. Have faith in God, knowing that "He is a present help in time of trouble," say often,

"I will fear no evil, for thou art with me. Jesus Christ is now here raising me to His consciousness of perfect life, joy and peace. My life is hid with Christ in God, this life is perfect, and now I realize its perfection. The presence of the Lord goes before me and makes easy and successful my way." Praise God from whom all blessings flow, and you will realize His power and presence in your life. You will become conscious of the Holy Spirit which will illumine your mind and heal your body. You then will be able to let your light shine; speak words of comfort and encouragement, and bring hope and inspiration to weary hearts. Life will become joyful and successful when we follow Jesus Christ all the way, who said, "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne" (Rev. 3:21).

"But he that shall endure unto the end, the same shall be saved."—(Matt. 24: 13.)

"If thou canst plan a noble deed,
And never flag till it succeed,
Though in the strife thy heart should bleed;
Whatever obstacles control,
Thine hour will come—go on, true Soul!
Thou'lt win the prize—thou'lt reach the goal."

Realization.

O, Heavenly Father, we recognize Thy divine Presence enfolding us, guiding and protecting us. Being Thy children, "we live, move and have our being in Thee." We need not worry, nor be anxious when we know Thee. No evil can come nigh us when we trust in Thee, for "Thou art a present help in time of trouble." Thou art a light to our soul that removes all cloudy thoughts of fear and worry that dim our vision. Thou art the source of our life, intelligence, health, strength, love, joy and peace. "Our life is hid with Christ in God." This life is perfect. We are now conscious of its perfection, and bring it forth into expression.

We thank Thee for this light and inspiration that have illumined our minds to behold a truer vision of ourselves by knowing our relationship to Thee. We thank Thee for sending Jesus Christ to reveal the way, the truth and the life, which now enables us to walk in the light. We praise Thee for Thy loving kindness. We acknowledge that every good and perfect gift comes from Thee, and by putting our whole faith in Thee, blessings will be poured out upon us.

Knowing that we are here to become conscious of Thy power and presence, we consecrate our life to Thee and aspire to reach the goal of perfection which Thou hast ordained for each one of us. With open and receptive hearts, we look to Thee to receive the healing balm of joy and strength.

My mind is now in tune with Thine, which enables me to realize my oneness with Thee. This realization brings me hope and inspiration, dissolves all cloudy thoughts of fear and worry until I have the mind of Christ and think His thoughts of love and purity, which enables me to say, "I am strong and courageous for Christ in me is my strength. I am joyful and successful, for Christ illumines my mind and gives me a larger vision of life. I am well and prosperous, for I seek first the Kingdom of God, then all things are added."

The indwelling Christ presence permeates my soul, mind and body when I turn in thought to Thee, and become still and placid. Then my mind becomes illuminated. By the light of the Spirit, pain and sorrow are removed, and make clear my vision of my real self, created in the image and likeness of God. Having a larger vision of life, I behold Thy glory by looking through the veil of appear-

ances, which enables me to see the true and beautiful side of life. Then all criticism is removed, for the healing balm of love transforms the mind and body. Peace floods the soul. The turbulent thoughts of fear and worry are stilled when Christ is risen in me. As light removes darkness, so Thy Presence removes pain and sorrow. My will being surrendered and in harmony with Thy divine Will, health, happiness and success await me.

My body is Thy temple. I let no imperfect thoughts mar its beauty and obstruct Thy light from shining through this veil of flesh. I keep it pure and holy, so Thou canst dwell within its inner court and manifest Thy power and glory. By Thy indwelling Presence, my mind is cleansed and purified, until it "bears the image of the heavenly," by thinking Thy thoughts. My body is transformed by the renewal of my mind. The cells quickly respond to the healing current of love and joy.

I now recognize the presence of Jesus Christ, who said, "Lo, I am with you always, even unto the end of the world." His love and presence enfold me and guide me upon the pathway of life that leads to health and happiness. By becoming a living scripture, He revealed the wonderful talents and powers

we each possess, and now by following in His footsteps, I will enter the Christ consciousness and discover the latent powers of my soul. I affirm daily that "Jesus Christ is now here raising me to His consciousness of perfect life, health, strength, joy and peace." Through Jesus Christ I shall be able to overcome all the ills of the body, and realize freedom, health and happiness. He is now here helping me to overcome all the ills of the body. He is now here helping me to overcome by speaking words of encouragement, and leading me upon the narrow way that leads to life.

Father, we thank Thee for this light and inspiration, that have brought us a larger vision of life, hope and encouragement. Life has become joyful, interesting and beautiful. Every day new ideals are revealed. The mysteries of the Kingdom are unveiled and its hidden treasures are discovered, for "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him."

Prayer.

O, Heavenly Father, Thou who art all in all, the one Power, Love and Intelligence, I rejoice to know Thee.

Being Thy child, I possess Thy attributes of Love and Wisdom.

I am now conscious of my oneness with Thee, which enables me to express Thy perfect life.

From Thee I receive all blessings, for Thou art Love and Wisdom. Thou art harmonious Life, the only Power, Almighty Strength, ceaseless Activity, unquenchable Joy, Grace, and Beauty, which are now expressed through me, by keeping my mind in tune with Thine.

"I am now satisfied, for I am awakening with Thy likeness, and bear the image of the heavenly."

I open my mind to the inflow of the Holy Spirit which illumines and cleanses my mind from every limiting thought.

I am now conscious of Thy indwelling Power and Presence which flow through every organ of my body.

Thou art within me a fountain of life, permeating my soul, mind and body.

Thy infinite Love, Wisdom, Life and Power

illumine my mind until I think Thy thoughts.

Thy Joy and Peace well up within my soul until I am lost in Thee.

As I now recognize my oneness with Thee, the windows of Heaven are opened, and blessings are poured out, supplying my every need.

I realize that "Jesus Christ is now here raising me to His consciousness of perfect life, health, strength, joy, peace and courage."

My body is Thy holy temple, through which Thy light is revealed. May it be a perfect dwelling place through which Thy Love and Wisdom shall be manifested.

O, Heavenly Father, my faith is in Thee, the giver of every good gift.

I praise Thee for Thy loving kindness and give thanks for the many blessings received.

I praise Thy Love and Wisdom permeating my being until my mind is cleansed of every destructive thought.

I praise Thy perfect Life which is now manifesting through my body in health and happiness.

I praise the healing balm of Thy indwelling Presence which gives me strength and courage.

I now realize health and happiness, for I

know Thee, Thou fountain of Life, welling up within my being.

I now open wide the consecrated channel of Self that I may be filled and lost in Thee.

I praise Thee and bless Thee forever.

Amen.

Prayer.

“ God is my help in every need,
God does my every hunger feed,
God walks beside me, guides my way
Through every moment of this day.
I now am wise, I now am true,
Patient, kind and loving, too;
All things I am, can do and be,
Through Christ the truth, that is in me.
God is my health, I can't be sick;
God is my strength, unfailing, quick,
God is my all, I know no fear,
Since God and Love and Truth are here.”

Truth Statements.

By Edna A. Benson.

1. What is God?

“ God is Spirit ” (John 4:24). “ Love ”
(1 John 4:8). Mind, Life.

2. What is the true character of God?
The true character of God is love, kindness and mercy. (Luke 6:35-36.)
3. What is my relationship to God?
I am the child of God.
"Your life is hid with Christ in God."
(Col. 3:3.)
4. Who is your father?
God. "And call no man your father upon the earth; for one is your father, which is in heaven." (Matt. 23:9.)
5. What is the highest goal?
The highest goal is to glorify God, to let your light shine, to express perfection, holiness, purity, love and wisdom.
6. How can I express perfection?
I can express perfection by knowledge and consecration.
7. Where do I live?
I live in God. "For in Him we live and move, and have our being." (Acts 17:28.)
8. What is my work?
My work is to do the will of God.
9. What is salvation?
Salvation is being saved. Salvation is in Jesus Christ with eternal glory. (II. Tim. 2:10.)

10. What gives me freedom?

Knowledge of Truth gives me freedom from sickness, suffering and poverty. "Ye shall know the truth, and the truth shall make you free." (John 8:32.)

11. What was the mission of Jesus Christ?

The mission of Jesus Christ was to bear witness of the truth. "To this end was I born and for this cause came I into the world, that I should bear witness unto the truth." (John 18:37.) "I am come that they might have life, and that they might have it more abundantly." (John 10:10.)

12. What is the true foundation to build upon?

The true foundation is Jesus Christ. "For other foundation can no man lay than that is laid which is Jesus Christ." (I. Cor. 3:11.)

13. What was Jesus' great prayer?

His great prayer was for unity, for oneness. "Neither pray I for these alone, but for them also which shall believe on me through their word; that they all may be one, as thou, Father, art in me and I in thee, that they also may be one in us." (John 17:20, 21.)

14. How can there be unity and a consciousness of oneness?

There can be unity by becoming spiritual-minded, by having love for one another, through the knowledge of the truth.

15. Where is the kingdom of God?

The kingdom of God is within you.

"Neither shall they say, Lo, here! or Lo, there! for behold the kingdom of God is within you." (Luke 17:21.)

16. Where can we find abiding joy and peace?

We can find abiding joy and peace in the kingdom of God. "For the kingdom of God is not meat and drink, but righteousness and peace and joy in the Holy Ghost." (Rom. 14:17.)

17. Does God change His mind?

No. God is eternal and changeless.

"For I am the Lord. I change not." (Malachi 3:6.)

18. Who is the great physician?

God is the great healer. "And the prayer of faith shall save the sick, and the Lord shall raise him up." (James 5:15.)

19. Why are many prayers unanswered?

Many prayers are unanswered because we ask amiss. (James 4:3.) The divine law is not understood and observed.

20. What is the greatest commandment?

The greatest commandment is love. "And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength"; this is the first commandment. And the second is like unto it: "Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." (Mark 12:30-31.)

21. How is the Bible correctly interpreted?

The Bible is correctly interpreted by inspiration. "But there is a spirit in man, and the inspiration of the Almighty giveth them understanding." (Job 32:8.)

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